



**Burntwood**  
Regional Health Authority  
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## Press Release

**For Immediate Release:**

**May 12, 2010**

**Contact:**

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### **Community volunteers needed for Get Better to Together program**

**Thompson, Manitoba** – It has been shown that a high number of people within the Burntwood Region, suffer from some form of chronic disease, whether that be Type II diabetes, heart disease, arthritis, chronic pain, Parkinson's Disease, asthma, depression and cancer. A self-management program is set to be offered within the Burntwood Region, to assist those dealing with the chronic disease.

What is needed are volunteers from the communities of **Thompson, Gillam, Thicket Portage, Pikwitonei, Ilford, Wabowden, Nelson House, Split Lake, Cross Lake and Norway House** with ongoing health conditions, interested in taking training to lead the Get Better Together sessions. You will serve as a peer leader who has a great understanding of the issues that the participants are going through, because you are coping with chronic conditions as well.

The Get Better Together! training program is a 4-day training to learn to lead 6-week sessions of health management skills for others living with chronic health conditions.

Get Better Together! is a 6-week program that meets once a week in community settings to do a combination of learning health management skills, listening to one another, brainstorming, problem-solving and action planning to help participants better manage ongoing health problems.

The program & training are free of charge. Leaders teach from a scripted manual and receive thorough training, as well as an honorarium for each 6-week program they deliver. During leaders' training you get to practice teach several times before they are certified. Leaders always teach in pairs. There is no obligation to lead to the program if you decide after training that it's not for you.

The next 4-day training is taking place:

May 31-June 3, 2010 from 9:30 am- 3:30 pm @ BRHA Admin Building in Thompson.  
To register contact Anita Crate@ 677-5316.